



Porn king comes to Guelph
Christina Bramburger talks with legendary porn actor Ron Jeremy at The Manor.

ENTERTAINMENT 14

Spoke

Victims of massacre remembered
Activities will honour victims of the Dec. 6 shooting in Montreal.

NEWS 3

New York ideal vacation spot
The Big Apple has many great shopping opportunities and popular landmarks.

TRAVEL 12

Monday, December 1, 2003

Conestoga College, Kitchener

35th Year — No. 11

Security guard assaulted in early morning attack

By DARREN SMITH

Students and staff should remain cautious after two males assaulted a security guard at the Doon campus of Conestoga College on Nov. 15.

Al Hunter, chief of Conestoga security, said this was an isolated incident but was concerned the attack occurred on a uniformed guard.

The assault occurred around 3 a.m. while the security guard patrolled the area around the early childhood education building.

Two people were hiding in nearby bushes before confronting the guard and assaulting him.

The guard was pushed and punched by the individuals. After defending himself the attackers eventually stopped and ran away.

The security guard described the male suspects as having blond hair and in their early 20s. One stood about five foot six while the other was said to be about five foot eleven.

Waterloo regional police responded bringing a K-9 unit to help in the investigation,

which is ongoing.

Although this incident occurred on a weekend Hunter said students in certain programs requiring additional work time should remain vigilant.

"If students have to go out alone and are concerned, security will provide an escort out to their cars."

Al Hunter, chief of Conestoga security

"We have concerns," said Hunter, "as we still have students moving around the campus during those early morning hours."

During the evening hours Hunter said there are steps students can take that provide better protection.

He suggested parking in well-lit areas or near buildings if possible. He also said staff and students should be watchful and walk in pairs when possible and make use of the walk safe program provided on campus during weeknights.

"If students have to go out alone and are concerned," said Hunter, "security will provide an escort out to their cars."

Hunter said he doesn't anticipate similar problems but wanted the college community to be aware of the serious nature of the assault.

Hunter said the motives are unknown but suspects they may have been attempting to break into a building and were caught in the act.

He remains confident police are following up any leads as they have a good description of the suspects.

"I'm sure police have suspects who are active in this area," said Hunter.

Security personnel at Conestoga are unarmed because they do not want to get involved in a physical confrontation. However, they are willing to intercede in disputes.

"Security is a service provider," said Hunter. "Assaults like this are not a common occurrence at the college."

He said security personnel lack the training and qualifications needed for carrying pepper spray or other similar devices.



(Photo by Kate Battler)

Smackdown!

Bobby Rude uses the ropes to his advantage while shutting off Showtime Eric Young's air supply. See full story on Page 9.

College concerned about impact from tuition freeze

By CARLA SANDHAM

Conestoga and other Ontario colleges and universities could face a funding crunch if the provincial government follows through with its promise to freeze tuition next fall.

Colleges and Universities Minister Mary Anne Chambers announced Nov. 17 she was committed to her pre-election platform to cut costs for students. The freeze would be implemented right away.

That means fees would not increase next September or the following year.

However, Kevin Mullan, vice-president of finance and student services, said he has some concerns if the plan proceeds.

"We have already budgeted for next year based on the two per cent increase in tuition fees established by the former government."

But, he added the freeze hasn't been finalized yet.

"It was more of a statement

than anything," Mullan said.

Fees would not increase next September or the following year.

Conestoga College president, John Tibbits, said the college just invested in a costly project and they rely on tuition increases to continue with improvements.

"Our major investment was to put

everything on the Web," he said, adding they will spend about \$1 million to do it.

Part of the venture involves putting students' marks online.

And they have already introduced an online sign up for continuing education programs.

Tibbits said the tuition freeze is warranted more for university programs and added the \$1,800 tuition fee here is not too bad.

"Colleges are already improperly funded," he said.

He added that they get \$2,000 less than elementary and high schools as well as universities.

Although college and university officials are worried about the financial impact the tuition freeze would have, many students are welcoming it.

"It's good. It should be the same every year," said Tom Palmer, a police foundations student.

Jerry Walker, a third-year marketing student, also said freezing tuition fees would be a good idea.



(Photo by Rebecca Learn)

These Conestoga students collected job information from an employer at the first annual part-time and seasonal job fair.

First part-time job fair a success

By REBECCA LEARN

Conestoga's first part-time and seasonal job fair was a big success.

Students, employers and organizers were all satisfied with the way the event turned out.

"We're definitely going to do this again," said career services employee Sara Free.

Free said that a lot of students don't know career services exists.

This was a chance for them to learn what is offered. Many students also said they enjoyed the

event. One student named Dan, who didn't want to give his last name, said it was a bit small but he would come again if he was looking for a job.

An employer from ATS Services, one of the employers at the fair, said she thought there was a good turnout and would come again as well.

There were employers from many different places including ATS, Arvato (an inbound call centre), Pantorama, Kitchener Public Library, and other stores from the Fairview Park Mall.

An employer from Arvato said they are hiring students for full-time, part-time and seasonal.

She said, like most of the employers, that many students had been interested.

Free said not many students chose to get their resumes critiqued for the event but many come down to career services on a regular basis and take advantage of the service.

She added that she would like to see job fairs specifically for the graduating students in different areas of study, such as business or media studies.

Far from home

By JENNIFER HOWDEN

With the winter break approaching students are starting to make their Christmas plans. Going home and spending time with family and friends is on the top of many students' lists.

However, for some international students living in the Conestoga Residence and Conference Centre, going home is not a possibility.

"If I could go home I would," said accounting student Lili Chen, from China. "But I can't. I haven't been home for a whole year."

Conestoga College has students living in the residence from such countries as China, Jamaica, Korea and Africa.

The students said money and time constraints are the main reasons why they aren't going home.

Money is an issue because it costs too much to buy a plane ticket to get home and back over Christmas and then another one to return at the end of the year. Also, they are required to pay \$200 to stay in residence over the break.

Chen said the Christmas break doesn't give her enough time to enjoy her visit home.

"Three weeks is not long enough. I would really like more time with my family," she said, adding she will hopefully go home during the

summer break.

Not everyone sees staying in residence for the holidays as a negative experience.

Moody Wang'enyi, a marketing student said not seeing his family for the holidays isn't such a big deal.

"As long as I have the things I need and my friends to hang out with I'll be OK," he said.

To help fight the holiday loneliness students can do many things, including surrounding themselves with other students who can't go home.

Also, residence might be holding another dinner during the break. They held one last year where all the remaining students could get together and have a Christmas feast just like they would with their families back home.

It is also important for the students to keep in touch with their family. By using e-mail, the telephone, MSN or any other instant message programs they can do that easily.

Another thing is to send them Christmas presents through the mail. This will help lift your spirits as you remember that there is someone back home who is thinking about you and you can show them that you are thinking about them too.



(Photo by James Clark)

Employees wanted!

Jodi Hartrick, a first-year materials management student, fills out an application for a job with Conestoga Students Inc. Denise Payler (behind table) said she expected a lot of students would be interested in working for the CSI.

New spin on old vinyl

By TIM MURPHY

A team of Conestoga robotics and automation students have put a new spin on some old records.

The students have used the vinyls as wheels for a vehicle that moves bottles, for a class project.

"We built a cart made out of pop cans, with wheels made out of records, to transport a pop bottle one metre in less than 10 seconds," said 19-year-old team member Dan Nibourg.

The cart, built by Nibourg, Andrew Catherwood, Mark Dallmeier and Chris Oleaczek, is powered by an electric motor.

"It's got a really tiny motor, and it's geared up to a 33-1 gear ratio," said Nibourg. The gear ratio means that with 33 spins of the motor the wheels spin once.

"The record wheels were really flimsy the first time we built it. We had to reinforce it," said Nibourg.

They did this by screwing pieces of wood along the sides.

"There are a lot of elastics holding it, stretching it to the right location," he said.

Most groups got their carts to travel more than six metres, but their timer circuits failed, or didn't work at all. The timer circuit is what kept the carts operating for no longer than their allocated 10 seconds. When the timer turns off, the motor should turn off with it.

"A simple example is like a motion sensor light. The motion triggers the timer, and your lights will turn on for a few seconds," he said.

"The requirements were that the cart was supposed to travel over one metre, and we just did that," said Nibourg, whose vehicle completed the distance in eight seconds.

"Time restricted us. But our cart could have moved two, three, maybe even four, full two-litre pop bottles."

The class was cancelled because nobody wanted to take it.

Continuing education program co-ordinator Gillian Oldfield estimates between 15 and 20 courses have been cancelled out of the 175 courses running in the fall semester.

"It's a small portion," said Oldfield, as she went through the steps of cancelling a music appreciation course. "The courses do get cancelled occasionally because there are not enough people signed up."

Most con-ed courses need a minimum of 10 students to run. Opera, what's all the singing about, was cancelled because only five people had registered.

Oldfield said people will call her up to three days after the class was cancelled saying, "I want to sign up for that course and I know four other people who would take it. Can you put it back up?"

"I have to tell them no, because, by that time, the college has already contacted the instructor."

Oldfield must also cancel the room booking and contact all the registered students to inform them that the class will not run. She said reversing the process is often more of a headache.

The phrase "we cancelled it because we didn't know you wanted it," is published throughout the program book to remind people to register at least six working days before the start of class.

The co-ordinator must balance the cost of running the course and paying the instructors with the student registration fees. If too few students register there will not be enough money to pay the teacher.

Oldfield said she will run a course if the basic costs are covered, but she can't run a course if it's in the red.

Floral designer Terrie Burton's courses often only break-even.

"But because she has such a loyal following there are a lot of students who will take her courses," said Oldfield. "Then word gets out into the community."

Out of the 21 fall courses Burton teaches, only two were cancelled due to low registration.

Burton said the silk Halloween design was popular last year, but only two students signed up this year. Subsequently, they bought the pre-made flower arrangement, instead.

"It always makes me wonder why a class doesn't run," said Burton. "Maybe it was too expensive? Maybe the date was too early, or late? I try to understand the reason and make changes for next year."

Burton's Thanksgiving harvest arrangement class would have run for the first time this fall if it had not been cancelled.

"Next year, I think I will drop the supply cost and change the description to explain that this design can be used all season," said Burton. "Maybe they thought it was just for Thanksgiving. It is a guessing game!"

Burton is going to run her less popular courses at the Guelph campus for the winter term, hoping that they gain interest again.

"I create the classes thinking there is an interest, but who knows what people want?" said Burton. "I try to stay current with decorating magazines, shopping and television. I ask students in every class what they would like to see and to e-mail me with their ideas."

Administrative assistant to the con-ed director Kathryn Richards is also the crochet instructor at the college.

The course ran, for the first time since the '80s, with a full class in the spring, however, this fall it was cancelled due to low attendance.

Only four people registered for Richards' class, but she hopes it will run again in the winter term.

"The people who were registered for the fall will move-over to the January one," said Richards. "It's more of a home winter craft anyway."

When the course was cancelled Richards had already prepared the handouts and patterns and collected the necessary materials.

The class would have started off with making a series of small squares to learn different shaping techniques. The squares can be sewn together to make a potholder, a pillow top or a quilt.

"Usually we start off with the basics and then the students pick their own projects to work on," said Richards, who taught herself to crochet left handed so that she could better teach left handed students the art.

Some of the more expensive classes, like glass blowing, will run with only one or two students registered, even though this semester it didn't run at all.

Oldfield said the college runs the glass blowing course every semester because they are never sure how many students will be interested.

The winter schedule offers many of the courses offered in the fall, as well as new ones like bellydancing.

Oldfield said con-ed courses like bartending or Ukrainian Easter egg painting make great Christmas gifts.



(Photo by Tim Murphy)

Dan Nibourg, Andrew Catherwood, Mark Dallmeier and Chris Oleaczek built a robotic vehicle using old records as wheels.

Activities mark anniversary of massacre

By BRANDI STEVENSON

Fourteen years ago, 14 women were killed at L'Ecole Polytechnique in Montreal on Dec. 6, 1989, simply because they were women. Marc Lepine entered a classroom of engineering students and told the men to leave before he opened fire on the room. That day was a painful, eye-opening experience for everyone in Canada.

However, violence against women continues to be a significant problem in this country. According to Status of Women Canada, 51 per cent of Canadian women have been victims of assault since the age of 16. Women

make up 86 per cent of sexual assault victims, with 54 per cent of those women under the age of 18. In 2000, 28,633 women were victims of spousal violence.

Since 1991 Dec. 6 has been the National Day of Remembrance and Action on Violence Against Women in Canada. The Women's Resource Group at Conestoga is doing its part to make sure no one forgets about it. They are holding a number of activities to mark the anniversary of the Montreal Massacre, including a writing contest, poster sale, guest speaker and button sale.

On Dec. 4 and 5, they will be giving out rose buttons in exchange

for a donation at Door 3 and in the A-wing. Student Services counsellor Joan Magazine said the group bought the buttons from the YWCA.

The deadline for the writing contest is Dec. 5. Students can enter poems, first-person reports, or fiction up to 500 words.

The winners will be notified on Jan. 16, 2004 and entries will be judged on their relevance in regards to the anti-violence theme. Submissions will be accepted online

at www.conestogac.on.ca/~pstadden/wcontest.html or at Student Services in Room 2B04.

A new initiative the group has

taken on is giving away posters. About two years ago, the group organized an anti-violence poster contest with the graphic design program. Last year, they displayed the posters around the school. Magazine said the posters were a big hit. "We had a number of inquiries whether people could buy them," she said. With the permission of the graphic design program, they decided to give them away in exchange for a donation. The money from the buttons and posters will be donated to women's shelters in the area.

Some of the proceeds will also go towards funding a guest speaker in the Sanctuary on Dec. 4. The

speaker, Jane Doe, was used as bait by the police to catch a serial rapist. She is known as Toronto's last known victim of the 1980s balcony rapes. Ethan Miller, CSI vice-president of activities, believes Jane Doe will bring an important view to the school. He said, "This unique woman is coming in and enlightening our students."

The Women's Resource Group worked with the CSI to bring her to the school.

Miller is thrilled to work with other groups at Conestoga. "It's important that we partner with groups in the school that convey our message. It makes our message that much stronger," he said.

Writing contest has anti-violence message

By CARLA KOWALYK

When people first hear about abuse toward women, they automatically think of something physically harmful. But according to a pamphlet in Student Services, what most people don't realize is that abuse can fall into many categories: physical, emotional, sexual, verbal and financial.

Conestoga College Women's Resource Group wants to try and get this message out to the student body by holding a writing contest on why violence is not the answer.

The women's group came up with the concept to help remember the women who died in the Ecole Polytechnique massacre in Montreal on Dec. 6, 1989.

Joan Magazine, a counsellor at the college and a member of the women's resource group, said the writing contest is not just to help remember the women in Montreal, but to help spread the word.

"It's another way to get the students involved in helping to prevent violence," she said. "Unfortunately, violence still exists in today's society."

There are a few guidelines that must be followed when submitting a piece of writing. The piece can be a poem, a first-person account or be fiction. But it has to be written in English and cannot be more than 500 words - 12 point font and double spaced.

Prizes are \$150, \$100 and \$50, and the winner will be announced on CJIQ and in Spoke. The college newspaper will also publish the winning entries.

"It's better for students to read about this issue when it comes from other students," she said. "We hope the writing contest will draw attention to this serious issue."

All entries must be submitted by Friday, Dec. 5, either online or in person to Student Services located at 2B04.

To find out more information go to www.conestogac.on.ca/~pstadden/wcontest.html.

But remember, all entries must include a name, phone number, student ID number, program and e-mail address.

The winners will be picked on the impact their piece has on the issue of violence against women.



(Photo by Carla Kowalyk)

Violence against women is a serious issue. Conestoga College's Women's Resource Group is trying to help spread the word to the student body through a writing contest.



(Photo by Darren Smith)

Job fair!

Melle Mabée, a graduate from Conestoga's recreation leadership program, was at this year's job fair at the college on Nov. 15. She credits her college diploma with helping her get a job.

CORRECTIONS

The Nov. 17 edition of Spoke incorrectly said the CSI had to disqualify some candidates running for the board of governors. The election was for the CSI board of directors. Spoke regrets the error.

In a Nov. 17 article on low readership, the names of Chantelle Timperley and Jon Yanell were spelled incorrectly. Spoke apologizes for the errors.

"When diabetes enters your life, you need someone to turn to. Call the Canadian Diabetes Association."

Carol Seto, dietitian

HELP SOMEONE YOU KNOW. CALL 1-800-BANTING



CANADIAN DIABETES ASSOCIATION
ASSOCIATION CANADIENNE DU DIABÈTE

www.diabetes.ca



Should they strike?

On Dec. 10, support staff at Ontario's community colleges will hold a strike vote.

Although this vote does not mean a strike will definitely happen, it does bring them one step closer to it.

And in the event of a strike, students will be, well, screwed.

Teachers are not the glue that holds these colleges together, it is staff as a whole.

And without support staff many services will no longer be running.

Administration and financial aid are just a few of the services that would be affected by a strike.

The scary part is that if a strike were to happen, it could happen as early as January.

This is because the union feels they have the most bargaining power at the beginning of an academic term.

Students who depend on OSAP would be out of luck.

Not to mention anyone trying to register in a program or fix a timetable.

So why has it come down to a strike vote?

In an earlier meeting between support staff and management, the union rejected management's latest offer by 95 per cent.

The offer included a three per cent increase in wages per year, for three years.

Management walked away from the table after only three days of talk, saying they were too far apart to continue.

Also, the union would like to see seasonal student workers pay union dues and receive the same compensation as union members. They feel this way the union can protect their jobs from being turned over to part-time students.

However, management does not agree with this because they believe part of the college mandate is to provide students with employment and work experience in the summers.

College support staff have been without a contract since Aug. 31 and they are looking for changes in wages and benefits.

But a strike is the last thing students need.

Support staff and management need to come to some kind of agreement, fast.

Contract disagreements are nothing new, but when these disagreements have the potential of affecting thousands of students, they need to be resolved.

Management should strike a deal with support staff. If they don't, they will find out quickly how a school cannot function without them.

And in the meantime, students will be the ones paying the price.



Michael Jackson's next album title

Canada needs answers in Arar case

Canada is often described as a cultural mosaic, a place where people from other cultures are welcomed, and treated equally. Canadian citizens are frequently treated with respect while travelling to other countries.

However, Maher Arar was not treated with any respect while he made a stopover in a New York airport last September.

In fact, he wasn't even treated as a Canadian. United States officials detained Arar at the airport, saying they suspected he was a member of the al-Qaeda terrorist organization. Then, U.S. officials deported Arar to his birthplace, Syria, even though he was also a Canadian citizen. Arar spent more than a year in a Syrian prison, where he said he was tortured almost daily.

Fortunately, on Oct. 5, Arar was released from jail, and returned to Canadian soil Oct. 6.

But even though Arar is home after 374 days in Syria, this case is not over. The fact that he was deported to Syria in the first place is an outrage. Arar is a Canadian citizen. But U.S. Attorney-General



Brandi Stevenson

Opinion

John Ashcroft said the U.S. did not break any laws by sending Arar to his Syrian birthplace. In a Nov. 21 Toronto Star article by Tim Harper, Ashcroft said the deportation was legal because they were assured he would not be tortured. Arar's lawyers discard Ashcroft's claim since U.S. officials should have known that Syria was on an international list of nations that use torture.

Canadian authorities should have been notified of the situation as soon as he was detained in New York. According to a Nov. 6 story on cbc.ca, Arar was sent to Syria on Oct. 7 or 8, but Canadian officials were not informed until Oct. 10.

In the Nov. 21 Toronto Star article, a Syrian official said Arar was released because the Bush admin-

istration did not produce any evidence linking Arar to al-Qaeda. So, if there was never any proof that Arar had terrorist connections, then why did this happen? It appears like this was a case of discrimination. Arar was singled out just because he is Muslim.

This behaviour cannot be tolerated. And this situation could have been prevented. Or the Canadian government could have made more of an effort to stop it. According to an Oct. 23 article at cbc.ca, the Commission for Public Complaints Against the RCMP are investigating Canada's role in Arar's deportation. However, this investigation is not enough. The complaints commission does not have the authority to discipline anyone, or compensate victims. There needs to be a public inquiry. In a Nov. 5 article from cbc.ca, Prime Minister Jean Chretien said Washington should take all of the blame, and refused to call an inquiry. If the U.S. is to blame for everything, then why not hold an inquiry? What does Chretien have to hide? It's time to find out.

Spoke

Is published and produced weekly by the journalism students of Conestoga College

Editor: Carla Sandham

Advertising Manager: Jason Noe

Spoke Online Editor: James Doyle

Production Managers: Kate VandeVen,

Circulation Managers: Lesley Leachman

Jeff Morley, Nick Horton

Photo Editors: Brandi Stevenson, Rebecca Learn

Faculty Adviser: Christina Jonas

Spoke's address is 299 Doon Valley Dr., Room 4B14, Kitchener, Ontario, N2G 4M4.

Phone: 748-5220, ext. 3691, 3692, 3693, 3694 **Fax:** 748-3534

E-mail: spoke@conestogac.on.ca

Web site: www.conestogac.on.ca/spoke

The views and opinions expressed in this newspaper do not necessarily reflect the views of Conestoga College. Spoke shall not be liable for any damages arising out of errors in advertising beyond the amount paid for the space. Letters to the editor are subject to acceptance or rejection and should be clearly written or typed; a MS Word file would be helpful. Letters must not contain any libellous statements.



Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Writers will be contacted for verification.

No unsigned letters will be published.

Letters should be no longer than 500 words.

Spoke reserves the right to edit any letter for publication.

Address correspondence to:

The Editor, Spoke, 299 Doon Valley Dr.,
Room 4B14, Kitchener, Ont.,
N2G 4M4

PASS program helpful

By DAWN HASSON

Some first-year students with learning disabilities had an advantage when they came to school in September because they had participated in Conestoga College's PASS program.

The Post-secondary Accommodations, Supports and Strategies program ran in July, with a total of 16 students who have specific learning disabilities and were accepted into a program at the college.

The program, which was centred on the strategies for student success course, offered a course credit to those involved.

"We wanted to give the students a course credit because they're giving up a month of employment over the summer," said Marian Mainland, co-ordinator of disability services. "The attraction could be the credit to lighten the (student) workload in the fall."

The program, which was taught by Ken Brooks, used to run for four years for one week. The ministry liked what staff had done based on program evaluations and asked that it be changed to a four-week program.

The disability services department received funding from the Ministry of Training, Colleges and Universities to cover the cost of residence, a teacher and other

course materials.

However, the program will need more funding for next year. Because the office is already busy, the heavy workload involved in the program was a bit overwhelming.

"We'll have to hire part-time staff for that purpose to alleviate additional demand on our staff," said Mainland.

The students in the program learned about the various student services around the school and where to find them. In the first week, the students had to go on a conquest to find where the services available to them were and what was offered there.

"The biggest advantage of the PASS program was that it really helped the students feel like they belonged," said Mainland. "They had far less anxiety starting in September."

A 19-year-old student who took the program agreed.

"I liked getting to know others with the same difficulties and making a couple of new friends," said the student, who asked not to be named for personal reasons.

"They were all the same," said Mainland. "No one felt like geeks in the classroom."

A 20-year-old student was relieved to know what to expect in the upcoming year.

"It's a sneak-peek of what

you're in for. It teaches you how to survive," said the student, who also asked not to be named for personal reasons.

The students also watched videos, listened to guest speakers and completed assignments such as the conquest.

The best video, in Mainland's opinion, was FAT (Frustration, Anger and Tension) City. It involved a workshop where parents and teachers were forced to look at distorted pictures and passages which they had to present to the class. They were ridiculed for reading the distorted passages aloud by the leader. The workshop set them up to feel what it is like to have a learning disability and to hear the teachers' criticism in turn.

"The adults realized what their kids face everyday and the teachers realized what they do or say and how it hurts the students," Mainland said.

Students who took the program also had the advantage of having their psychological assessments finished early.

An assessment determines students' specific learning disabilities and how staff at disability services can deal with it by providing them with the proper resources and learning techniques.

If a student has trouble reading,

then they can come to disability services to listen to their reading material on an audio computer. This was the case with one student Mainland helped.

"He used to be terrified of reading aloud in class," said Mainland. "Students who have severe performance anxiety have difficulty getting up in front of the class to do presentations."

At times, it is tough for a student with a learning disability to complete all the course requirements. Alternatives can be found to overcome this such as talking to the teacher and asking to see if the presentation can be video-taped instead.

"That's why we have to work really closely with the students," said Mainland.

But sometimes there is no other way of completing all the course requirements, such as in the communications program at the college where public speaking is a must.

"If that happens, then the student can use cue cards for public speaking and practise with us at disability services," said Mainland.

Having the assessment done prior to the start of school is beneficial because students often have to go on a waiting list to get the assessments finished by the start of September.

**RECOGNIZE
THE SIGNS
OF STROKE
WHEN
YOU
SEE
THEM.**

✓ VISION PROBLEMS

Sudden loss of vision, particularly in one eye or double vision

✓ HEADACHES

Sudden, severe and unusual headaches

✓ WEAKNESS

Sudden weakness, numbness and/or tingling in the face, arm or leg

✓ TROUBLE SPEAKING

Temporary loss of speech or trouble understanding speech

✓ DIZZINESS

Unsteadiness or sudden falls, especially with any of the above signs



Seek immediate medical attention if you have any of these symptoms.

Women's Resource Group Writing Contest



Violence isn't right !

Contest Criteria:

Deadline:

Friday, Dec. 5th, 2003. Sponsored by the Women's Resource Group of Conestoga College in remembrance of the women who died on Dec. 6th, 1989 at Ecole Polytechnique in Montreal.

Entries:

Current students of Conestoga College may enter poems, 1st person accounts or fiction in English up to 500 words. Submissions must be printed in a Word document, 12 point font, double spaced. Entries will be judged on their impact in relation to an anti-violence message.

Fees: None

Prizes:

\$150 - \$100 - \$50. Winners will be notified by Jan. 16th, 2004. Winning entries will appear in Spoke, be announced on CJIQ and posted on the web site. All entries become the property of the Women's Resource Group.

Information: See www.conestogac.on.ca/~pstadden/wcontest.html

Submit to:

Entries may be submitted online to the web site or in hard copy, clearly

Disabled students get help

By DAWN HASSON

Students with disabilities at Conestoga College can find employment quite easily:

These students work extremely hard to meet challenges presented to them at school and at the workplace, and have a great work ethic, according to Charlie Matjanec, the disability services employment adviser.

Students with learning disabilities have to work harder than the average person to achieve their goals and to understand their tasks at a workplace.

Matjanec helps Conestoga students find employment based on the disability they might have. Most importantly, he provides students with information on the legal implications of the job force and helps them negotiate for any accommodations they might need on the job.

Under all federal and provincial legislation a person does not have to disclose any information about a disability.

The employer's legal duty is to accommodate someone who has a disability. An employee can work for the employer for a period of time before deciding to disclose whether they have a disability, and the employer must still accommodate him or her under the Human Rights Code. If the person has a processing learning disability, then they may need a personal reader. In that case, they would go to their employer and ask to have one plugged into the workplace's main-frame system.

Section 15 of the Canadian Charter of Rights and Freedoms "guarantees persons with disabili-

ties the right to equal protection and equal benefit of the law and without discrimination by government, their agents and delegates."

Canada's Employment Equity Act's purpose is to keep equity in the workplace so no one is denied opportunities as long as they have the ability to perform the job.

"I have yet to see an employer who has gone bankrupt because of the accommodations," said Matjanec. "There are a number of accommodation costs of about \$500 in total under what is called the workplace accessibility tactics."

This means that the workplace has a set amount of costs to accommodate employees with special needs. An employee who is in a wheelchair may need a ramp to get inside as well as access to elevators.

Conestoga College has a wide selection of software tools for disabled students. They can even take them to the workplace.

Kurzweil 3000 is one of the most popular systems available. It allows the student to scan a document into the computer, which can read it back to you in an automated voice.

Dragon NaturallySpeaking lets a person speak into the computer for voice command.

Inspiration is designed for those who think in pictures rather than words. Concept maps, process flows, knowledge maps and flow charts can be created.

A student with disabilities can go to a specially equipped computer lab down the hall from disability services in room 2A113. It is open every week day until 7 p.m.

Woman's classic jewelry always in style

By TIM MURPHY

Classic jewelry is the passion of a Kitchener woman who has been designing accessories for nearly a decade.

A self-taught artist, Eryn Merwart designs necklaces, bracelets and earrings for formal and casual occasions.

"I want people to be able to wear my work for a long time, without it becoming dated or out of style," she said.

Merwart has been designing jewelry since 1994, and established her business Take to the Sky in 2000.

She said jewelry design just fell into her lap.

"I was going to Laurier and there was a bead store across the street from my residence. One day I just thought, 'I think I'll make a necklace,' and it went from there."

She has participated in church bazaars and art shows since 1997, where she sells most of her work.

"I am hoping to get to a point where I do only art shows."

She sells her work locally at Turkey Goose Creations, a store that sells work by local artisans, located in Waterloo.

"Versatility is a key word for me. I use the best possible materials I can find," she said.

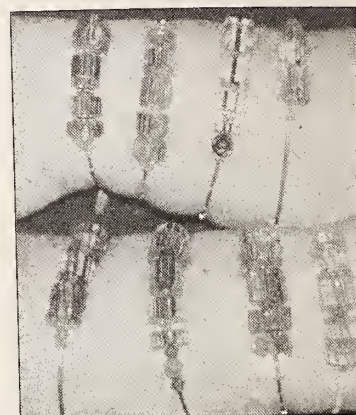
Merwart uses semi-precious stones, handmade glass beads, Czech and Austrian crystal, and silver and gold plated beads in her work.

"I love to do custom design work, and I also make jewelry for wedding parties, as well as beaded headbands and jewelry for the bride," she said.

She said she thinks of her work as an art rather than a craft.

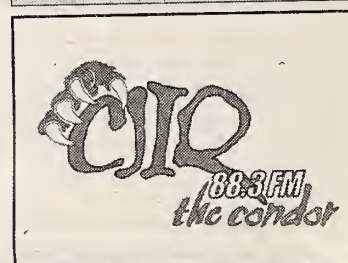
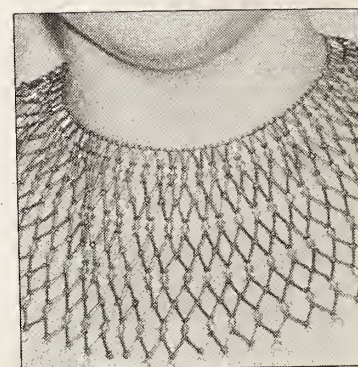
"I find it so gratifying when people can look at my work and find a piece that really speaks to them."

Her online portfolio can be viewed at <http://www.picturetrail.com/taketothsky>.



(Photos by Tim Murphy)

Some pieces from the Eryn Merwart collection.



**"They say
as you get older
you become your
mother."**

**"I hope to God
it's not true."**

My mother is dying from Huntington disease. It's an inherited brain disorder that is slowly chipping away at her mind... her body... her soul.

It may take 10, 15 - even 25 - years before it finally kills her. And even then, the disease may not go to the grave with her.

You see, once you develop Huntington disease, there's a 50 percent chance you will pass the gene responsible for Huntington's along to your children. And if they develop the disease, then their children face those same fifty-fifty odds.

Just like my mother, I wanted to give the gift of life. What have I done instead?

But there is hope. Recent research breakthroughs have brought us closer than ever to finding a cure.

With your support, we will beat this disease once and for all. Please call the Huntington Society of Canada today.

We need your help

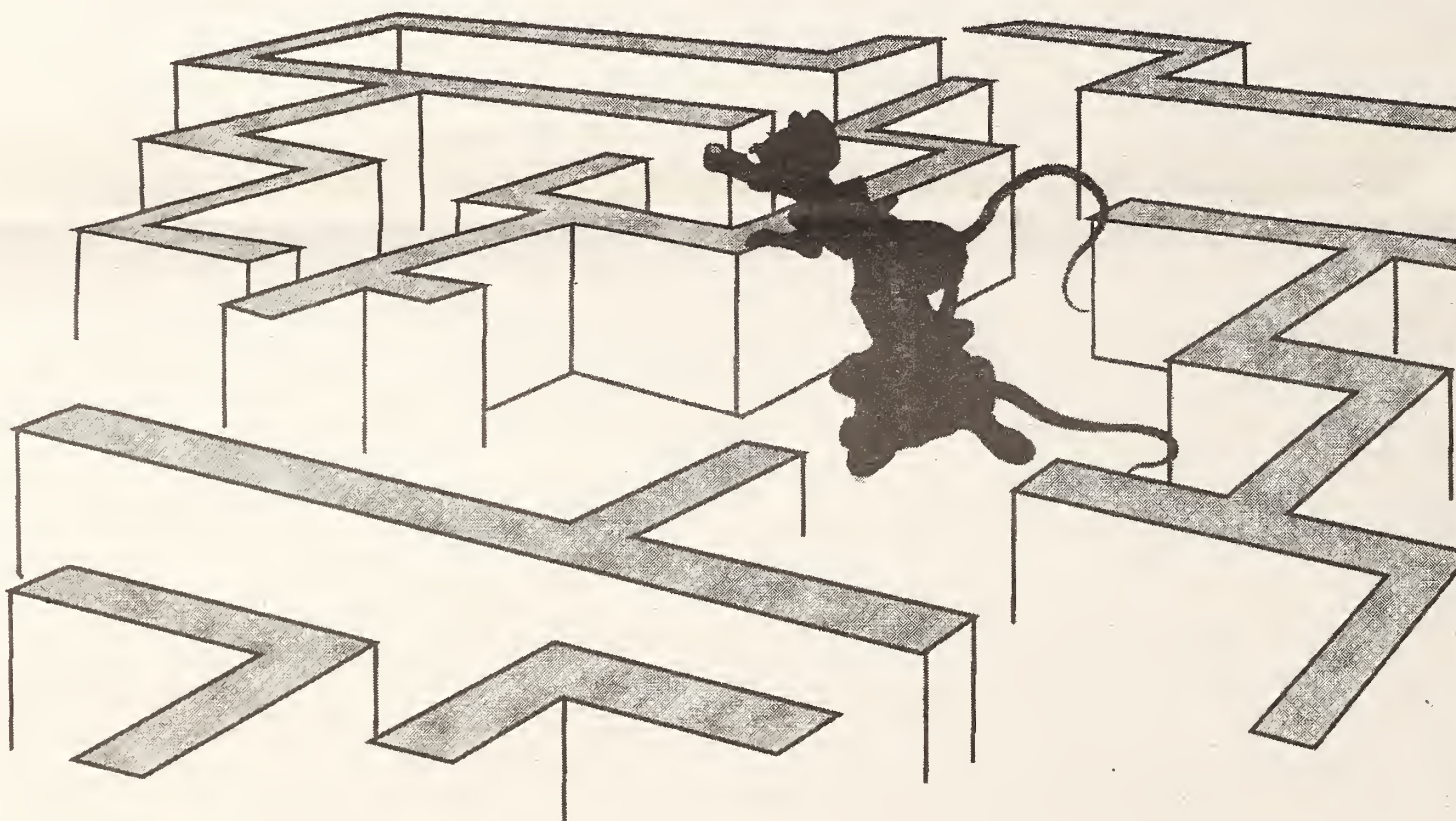


1-800-998-7398

Charitable Registration Number 11896 5316 RR0001

IMPORTANT REMINDER

Application deadline to request tutoring Is December 2, 2003



Don't get caught in a maze. A tutor may be able to help.

**Applications available in Student
Services
Rm. 2B04**



NO PANTS PARTY

wet~dry
in effect

doors open

at 9pm

wicked prizes

television
give away
...electronics



Thursday Dec. 4th

-SANCTUARY-

You must be wearing clothes
shorts, boxers, etc.
just no pants

guest dj's

CONESTOGA

STUDENTS INC.

NIGZ

Da one and only!

for dj bookings
nigz2003@hotmail.com

BLACK TNT

Does winter make you SAD?

By JENNIFER HOWDEN

It's winter. The days are shorter, the nights are longer and all you want to do is stay in bed and sleep. You have no energy and no desire for work or social activity.

Your appetite is out of control, you cry for no reason and worst of all, you're sex drive is non-existent. What's wrong with you?

Like 600,000 Canadians you could be experiencing a form of depression called seasonal affective disorder (SAD), also known as the winter blahs.

According to the National Mental Health Association's website, SAD is caused by a lack of sunlight from short, dull days and long, dark nights. Which is why winter is the time when most people start to show symptoms of SAD.

The lack of sunlight causes changes in the brain's chemistry, specifically in the pineal gland. The pineal gland is where serotonin and melatonin, the hormones that help us sleep, are secreted. The dreary days increase the output of melatonin and decrease the output of serotonin. The chemical imbalance confuses the body and causes fatigue to set in.

Although more common in females than in males, SAD can affect anyone. The majority of people who get it range in age from 20 to 40.

The disorder can strike anytime from late fall to early winter. It may last only a week or so, or it could hang around from October to April.

The major indicators of SAD include depression, lack of energy, anxiety, irritability, loss of interest in sex, overeating, weight gain and difficulty concentrating.

A team of Canadian researchers at the University of Toronto is

studying hundreds of people who suffer from varying degrees of SAD, hoping to come up with a combination of treatments that will work to prevent or treat this disorder. The study is called the Can-SAD study.

Treatments include diet, exercise, light therapy and stress management.

Diet is important in the treatment of SAD because people get tired and crave carbohydrates, which will give them energy. If a person is not careful the carbs will lead to weight gain which will add to the depression. A person should follow a low-fat diet and avoid excessive protein, sweets and carbohydrates.

The disorder can strike anytime from late fall to early winter.

National Mental Health Association

Caffeine from coffee, tea, pop and chocolate should also be eliminated. Vitamins with magnesium, B complex and minerals may be helpful.

Exercise is important as well. The best exercise is walking outdoors, especially on bright, sunny days. If the sun is out, you should be too. Soak up as much of the sun's rays as you can.

Light is the most important treatment for SAD. People should make sure as much light as possible gets in their homes. During the day keep all drapes and blinds open so the light can come in, and keep all the lights on at night.

Lights called SAD lights are an effective way to let light into your house. They are large lights that emit power of 10,000 watts; the

equivalent of five to 20 times the normal brightness of your home or office lighting. According to the website, the light users should sit in front of these lights from 30 minutes to two hours per day doing any of their day-to-day activities. The lights are expensive at \$200 but highly recommended since they work for 60 to 80 per cent of the people who've tried them.

Light behind the knees is a new treatment that involves a lightweight band fastened behind the person's knees. The light shines on the backs of the knees where nerves are close to the surface, which is supposed to brighten the mood of the person.

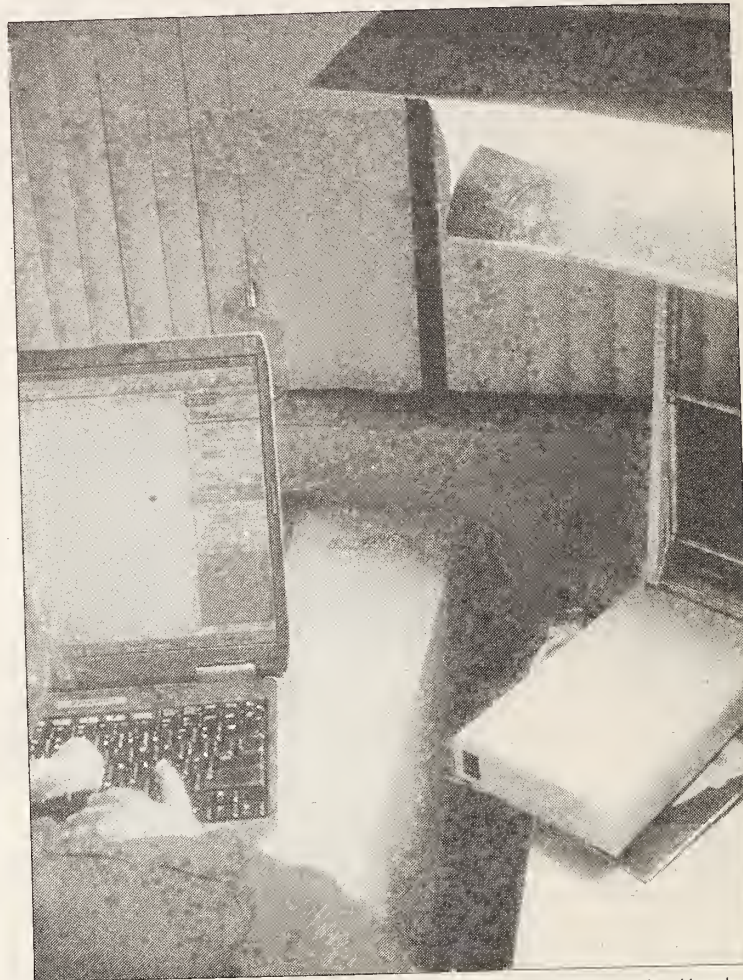
This system is still being tested and, if it proves successful, should be available as a simple method of treatment in the near future.

Simulated sunlight is also recommended. Using a computer and a timer, a person can simulate an early morning sunrise to provide energizing light just before he awakens. The bedroom is flooded with artificial rays of sunlight and the sleeper awakens full of energy no matter how dull it is outside.

If none of these treatments work your doctor may recommend you go on medication to offset the symptoms.

Although there are treatments for SAD, there are some ways that a person can stop the symptoms before they start.

One is to pay attention to your moods and energy levels. If you feel like your moods or energy begin to sink, take action. Go outside for a walk if it is still light out. Also, try turning on all the lights in your house early so you don't notice it getting dark outside. Stay active before you feel the blahs setting in, which may help keep you



(Photo by Jen Howden)

Working under a large SAD light may help students cope with seasonal affective disorder.

occupied so you won't think about it as much. Try to get yourself excited for winter. Instead of thinking about the cold weather and short days think about Christmas dinner and seeing your loved ones.

When you feel SAD coming on never isolate yourself from other people. This is a time when you need company and other people may be able to help cheer you up.

The most important thing you need to remember is if you think you suffer from SAD see a doctor. Never diagnose yourself. A doctor can tell you if you have seasonal affective disorder and then help set up a way to treat it that will work best for you.

For more information about SAD visit the National Mental Health Association's website at www.nmha.org.

Chicopee Ski Club opening soon

By BRYAN MARTIN

It's December and the excitement of skiing and snowboarding is in the air.

It's that time of year again and the weather is getting colder, Christmas holidays are approaching, egg nog is being served and 2004 is just around the corner.

That also means Chicopee Ski Club will be blowing snow and preparing to open for another season.

Chicopee has taken great strides over the years in making the hill a better place to ski and snowboard.

In the past they have expanded the Apple Bowl hill on the far right side, made the snowboard park much better by adding rails and a spine as well as adding a new Beginner Centre, a hill beside Tenderfoot.

This year is no different. Chicopee has renovated the lounge area making it a much nicer venue to relax in and have a drink. They have also added a carpet on the Beginner Centre. The carpet helps beginner skiers and snowboarders get up the hill without having to use a chairlift.

Sure Chicopee isn't Whistler, Mount Tremblant or even Blue Mountain, but it's a local ski and snowboard club for people to come and enjoy the sport.

Chicopee has produced many great skiers and snowboarders over the years and continues to make changes to keep the hill progressing in the right direction.

"I remember years ago it would take so long to cover the hills with man-made snow. With the new system, after a couple of days of blowing snow you already have a good base."

*Gavin Soye,
Chicopee employee*

Kelly VanderBeek, a Kitchener resident, is the brightest rising star out of Chicopee. She is on the Canadian National Ski Team and hopes to go to the 2010 Olympics in Vancouver.

Dan Pitts, another Kitchener

resident, is one of the best snowboarders Chicopee has produced. Pitts is sponsored by United Snowboards and has moved out west to pursue his riding career.

Chicopee hopes to open for the Christmas holidays because that's when they generate a lot of their business.

They upgraded their snow-blowing equipment a year ago and it has definitely been worth it said Gavin Soye, an employee at Chicopee.

"I remember years ago it would take so long to cover the hills with man-made snow. With the new system, after a couple of days of blowing snow you already have a pretty good base," said Soye.

A normal Chicopee season usually runs from the beginning of Christmas holidays to the end of March.

Prices this year are divided into a variety of categories depending on the age of the person and the amount of time they are there. The cost for adults between 18 and 59 is \$22 for two hours, \$27 for four hours, \$34 for a full day. Ski and snowboard rentals require a \$200 deposit and cost \$18 for two hours, \$22 for four hours and \$26 for the entire day.



(Photo by Bryan Martin)

Chairlifts at Chicopee Ski Club were put back on the lifts Nov. 20 to prepare for the upcoming season.

BCW wrestling invades rec centre

By JASON SMITH

More than 100 fans packed the Kenneth E. Hunter Recreation Centre on Nov. 19 to get a first-hand lesson in anger management.

Border City Wrestling (BCW), arguably the most popular and successful independent professional wrestling federation in North America, entertained everyone in attendance as they invaded the rec centre with their special live event entitled Anger Management 101.

The evening was one of high-impact, high risks, comedy, raw talent and fun for all as children and adults of all ages lost themselves in the fantasy of pro wrestling.

"It's an escape from reality," said long-time wrestling fan Trevor Laforet, 20, from London.

"When you walk into the arena to watch a wrestling show, everything else in the world disappears. For those two or three hours of action in the ring, reality fades away and you get lost in the fantasy world of good versus evil."

Laforet was one of many fans who took a bit of a road trip to catch the BCW event here at Conestoga.

Several BCW "regulars" even made the trip from Windsor to show their respect for the hard work and dedication of the Border City roster.

"The wrestling fan is a unique creature," said Laforet. "Wrestling is about respect. That's all the wrestlers ask for and they damn well earn it every time they step in the ring."

Fans young and old cheered on their heroes and rooted against the villains as they were treated to a star-studded line-up that included wrestling legends of yesteryear and the future.

"I thought the show was great," said "Showtime" Eric Young, one of the BCW wrestlers. "Maybe (CSI) was expecting a bigger crowd but I thought things went really well."

The turnout for the event, however, cannot be frowned upon. Although BCW may draw larger crowds at their regular shows based in Windsor, the 100-plus crowd at the rec centre is a good turnout for an indy performance.

Greg Oliver, a popular wrestling journalist as well as co-founder of SLAM!

Wrestling (<http://slam.canoe.ca/Slam/Wrestling/>) and author of the book *The Pro Wrestling Hall of Fame: The Canadians*, said that if the student union is worried about the numbers they drew, the \$15 ticket price should have been lowered.

Oliver also noted that BCW recently held an event at the University of Toronto that was free to all students.

"Showtime" Eric Young said it's up to the college to determine the admission price.

Although many students are often broke after paying for tuition and rent, \$15 isn't too much to ask when it comes to the incredible skill displayed at a BCW event.

Jody Andruszkiewicz, CSI events programmer, even joined in the fun, acting as the special guest ring announcer for the night.

Conestoga's broadcasting students also kept busy throughout the night, filming the event, obtaining interviews, running a live commentary booth and enjoying themselves from the opening bell to the final pin fall.

The card was stacked on the 19th, as wrestling legends "Hacksaw" Jim Duggan, Jim "The Anvil" Neidhart and The

scored a pin fall victory over Angel, who the crowd was behind 100 per cent.

The highlight of the night came with the entrance of the one and only "Hacksaw" Jim Duggan. Nearly every fan in attendance rose to his or her feet, shouting the infamous "HOOOOOOOO!" as Duggan slapped the hands of several ringside fans.

Duggan was victorious in his main event match-up that pitted him and his tag-team partner, The Honky Tonk Man, against "Mr. Windsor" Al and Jim "The Anvil" Neidhart.

Although the legends did their job to entertain and shock the fans in attendance, it was the young stars of BCW who stole the show, shining all night long and proving that there is a lot of talent in the Ontario indy circuit.

A lot of this talent, however, often goes unnoticed.

Independent wrestling superstars such as "Showtime" Eric Young, The Hacker, "Dancing" Tyson Dux (formerly "Textbook" Tyson Dux), El Tornado, Bobby Rude and many more gave Conestoga students and everyone in attendance a little taste of what they have to offer the wrestling business in the future.

These same indy stars are simply living their dream and loving every second of it. And no, they're not raking in the cash either.

"Showtime" Eric Young, 23, a resident of Cambridge, as well as owner and head trainer of WrestlePlex Ontario, also based in Cambridge, said he just loves performing for the fans.

"It doesn't matter to me if there's tons of fans in the crowd, or just a few people who show up," said Young, the real-life Jeremy Fritz. "I'm going to work just as hard either way. When I come through the curtains and hear them cheering, it pumps me up. There's no other feeling like it. They make me want to go to the ring and put on the best match I possibly can each and every time."

"Showtime's" efforts seemed to pay off at Anger Management, as the whole crowd was behind the local youngster, cheering him on to an eventual victory over his opponent, Bobby Rude.

Young said it's important to him that he gets the fans involved in his matches and he always wants to ensure all the fans are enjoying themselves.

"I think they enjoyed my match

and that means a lot," he said.

"Aside from the pop Jim Duggan got when he came out, I think the fans were the loudest during my match."

Young has been on the independent circuit for five years and has made his mark in the world of pro wrestling. Opening his own wrestling school,

Sean Ball, Romeo Adams, Hayden Avery (also known as "The Gnarly Hippie" Floyd Osbourne), The Hacker, The Mad Bomber, JT Playa, Stylin' Bryan Silver, The Italianos, Sean Spears, Cody Steele, Kris Chambers, Ash, Jace Fury, the beautiful and athletic Angel and more.

"It's a great feeling to see them perform," said

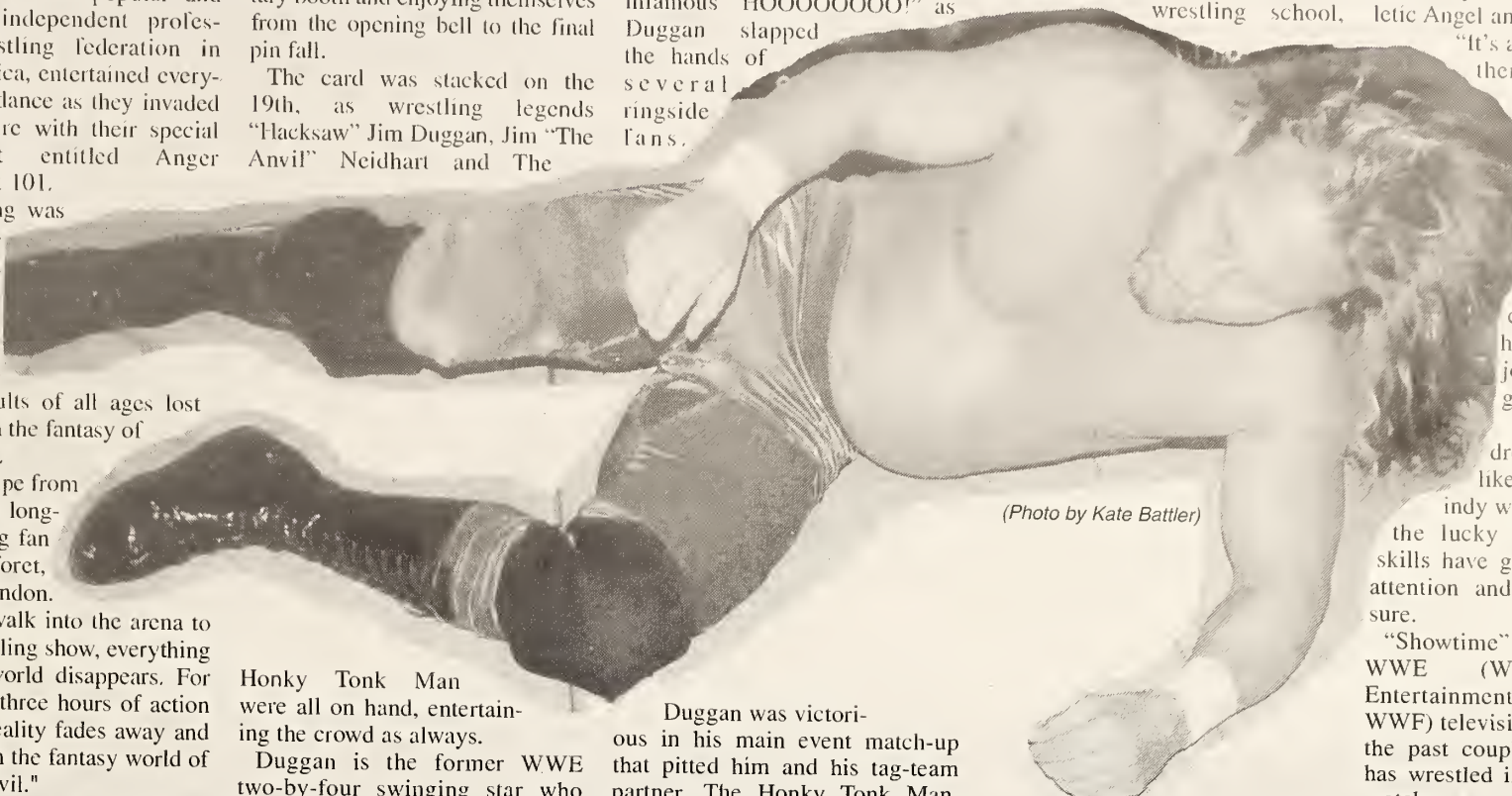
Young, speaking about his students and subsequent close friends. "I take a lot of pride in teaching them the right ways to wrestle. When they come out and work hard and do a good job, it makes me feel great."

As for Young, his dreams continue just like those of his fellow indy workers. He is one of the lucky ones though. His skills have gained him a lot of attention and worldwide exposure.

"Showtime" has appeared on WWE (World Wrestling Entertainment, formerly the WWF) television three times over the past couple months, and he has wrestled in eight WWE dark matches as well. Dark matches occur at WWE Raw and Smackdown tapings before the show goes to air.

"I'm so close I can taste it," he said. "My dreams are coming true."

For more information on BCW or any of its superstars, log on to www.bordercitywrestling.com.



(Photo by Kate Battler)

**FANSHAWE
COLLEGE**

**Our ever-changing
work world needs
people who care.**

**Apply Now...
to our Career Practitioner program!**

A post-graduate program offered at our St. Thomas/Elgin campus.

What is a Career Practitioner?

Career practitioners help people choose a career and plan for career changes. They assist with job search strategies, help individuals and businesses manage downsizing, and help people make decisions about life/work balance.

Where are the jobs?

There is a growing demand for Career Practitioners in the private sector, in government, not-for-profits and in schools. Many career practitioners start their own business and serve a wide range of clients from individuals to large organizations.

The Fanshawe College Career Practitioner post-graduate program begins in September, 2004 and is designed to meet the needs of those who are already working in the field of counselling and those looking for a new career direction.

**To find out more about this full or part-time program,
and how prior education or experience can translate
into credits call:**

Cathy Grondin
Employment Services Elgin
(519) 633-5200 ext. 232

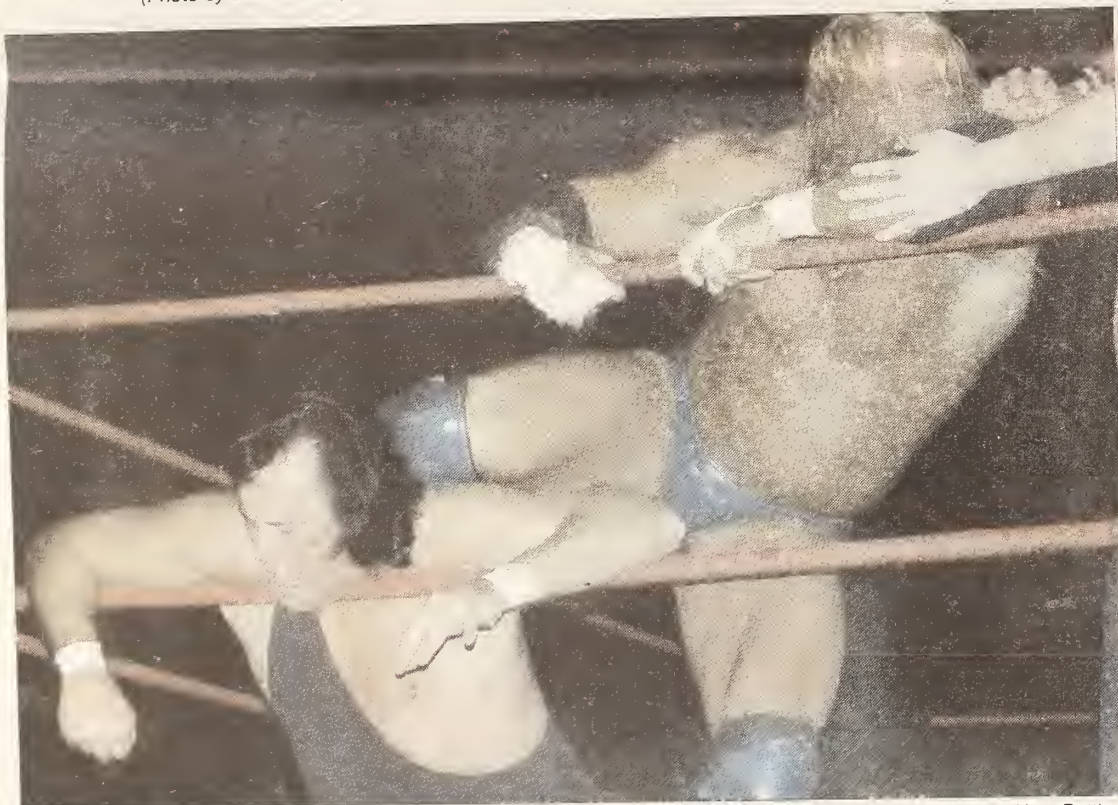
Action-packed main events



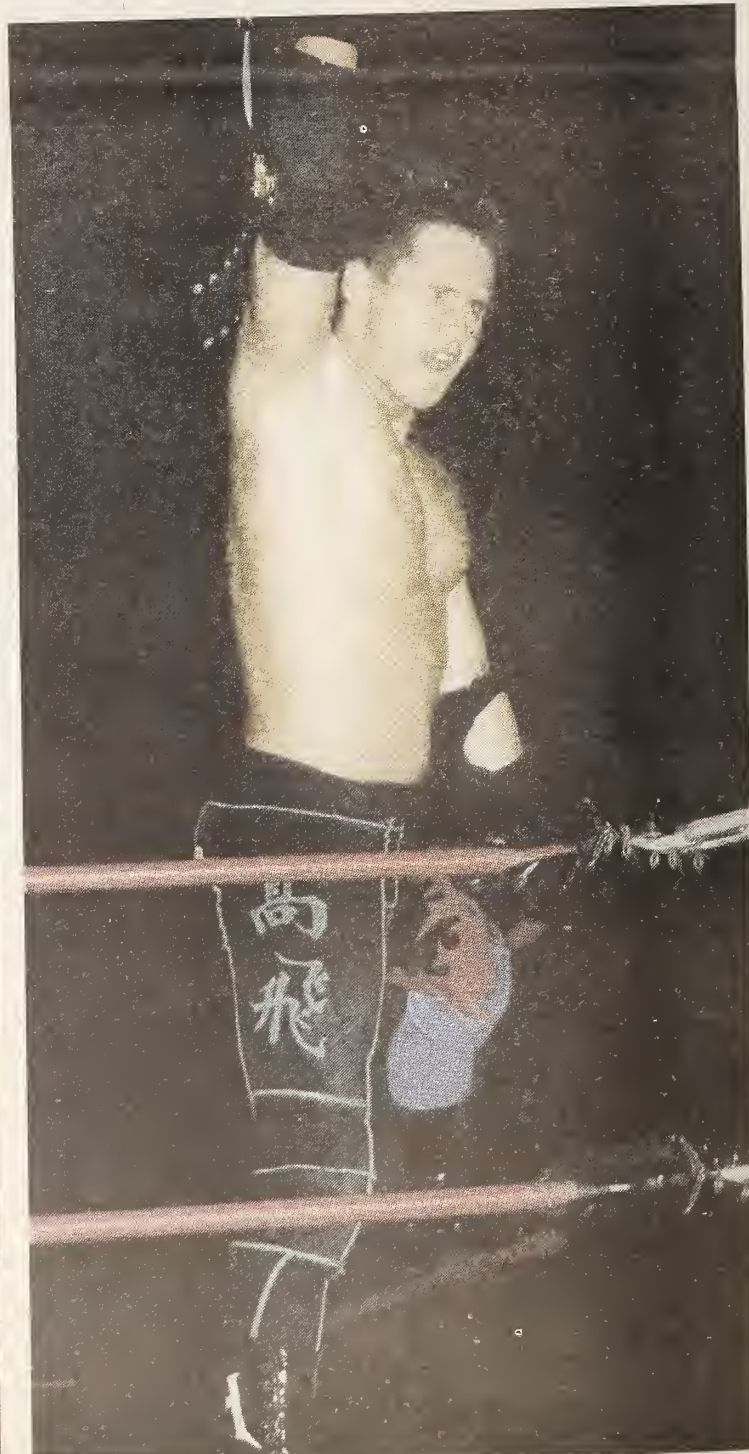
(Photo by Jason Smith)



(Photo by Kate Battler)



(Photo by Kate Battler)



(Photo by Jason Smith)



(Photo by Jason Smith)

Top left, Angel Williams struts her stuff before fighting Jaime D. during BCW's Anger Management 101 show Nov. 19 at the rec centre.

Top right, Bobby Rude applies pressure to "Showtime" Eric Young.

Above, A-1 applies a knee to the back of the Honky Tonk Man's head, using the rope to choke him.

Bottom right, The Hacker celebrates his BCW Tag Team Title after he and his tag-team partner Gutter retained their titles from Sinn and El Fuego.

Left, Bobby Rude works over "Showtime" Eric Young in the corner.



MOLSON 

DON'T DRINK AND DRIVE. CALL 1-888-TAXIGUY.


1-888-TAXIGUY

Take a trip to the Big Apple

By JENNIFER ORMSTON

As the chilly winter days rapidly approach and the school days seem to drag on and on, many students dream about taking a vacation. Luckily, Christmas holidays and study week will be here soon.

With dozens of destinations it is difficult to choose a location. But for those of you looking for fun, short travel times and countless options of how to spend your days and nights, one city stands out as the ideal place to go: New York.

The rumours the Big Apple smells bad, sirens constantly blast and traffic is so congested it can take 15 minutes to drive a block are all true; however, the excitement of the "city that doesn't sleep" makes it a place well worth visiting, even if only for a weekend getaway.

New York has much more to offer than fabulous shopping, scrumptious restaurants and possible celebrity sightings. The choices are endless, but there are some things every first-time visitor to the city must do.

The Rockefeller Center is a popular tourist attraction throughout the year, but especially during the holiday season.

If you are lucky enough to be in New York on Dec. 3, make a trip to the Rockefeller Center to see the legendary annual Christmas tree lighting ceremony. More than 25,000 lights will adorn this six-storey tree; it will remain lit until Jan. 6.

People can skate beneath the rows of flags that hang around the Rockefeller Center's famous ice rink from October to April. Although skaters may have to wait in a long line for rink time, it is quite an experience to skate below the renowned Rockefeller Christmas tree.

Radio City Music Hall is a historic New York landmark within walking distance from the Rockefeller Center.

Here the legendary Rockettes

perform their precision dance routine over the Christmas season. Known as one of the most famous dance companies in the world, the Rockettes have been amazing audiences at the hall for three quarters of a century.

Tourists looking for an unparalleled view of the city should travel the 86-floor elevator ride to the observatory level of the Empire State Building.

During the holiday season this view is especially spectacular as New York is lit up with Christmas lights.

Theatre lovers will feel like they are in paradise if they attend one of Broadway's hit shows.

The critically acclaimed musical *The Producers* has been running for a couple of years and is still selling out; this musical has won the most Tony Awards in history, including best musical and best original score.

Although most Conestoga College students probably think they are too old for toy stores, no trip to New York would be complete without a stop off at FAO Schwarz, "the world of toys."

This world-famous store houses an unimaginable quantity of toys. As the company's motto states, it is really the ultimate toy store!

FAO Schwarz is conveniently located in a high traffic tourist area, on Fifth Avenue across from one of the entrances into Central Park.

Finally, a visit to Central Park is an unforgettable New York experience. Here you can leave the hustle and bustle of the city behind as you stroll through paved paths or sit on one of many benches and watch the people go by.

One of the most exciting aspects of this world-famous park is it is the home of the Central Park Zoo.

Approximately one million people visit the zoo annually to see polar bears, monkeys and even penguins. Animal feeding times

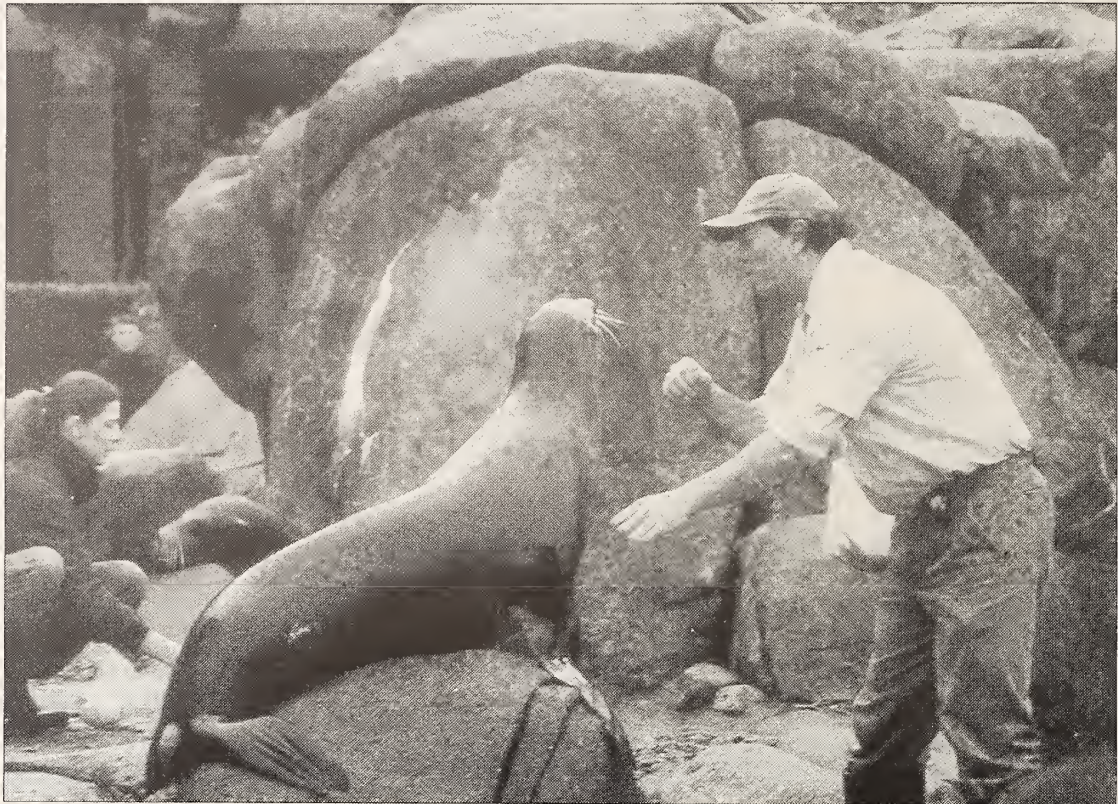
and performances are popular, especially the seal show.

For travellers on a romantic getaway, a popular way to see the park is from a horse-drawn car-

riage ride. You can hire a carriage in front of the legendary Plaza Hotel for either a 20- or 50-minute ride. Although the cost is pricey, ranging from \$34 to \$54

US, it is truly a classic New York moment.

For more information on planning your New York vacation go to www.nyctourist.com.

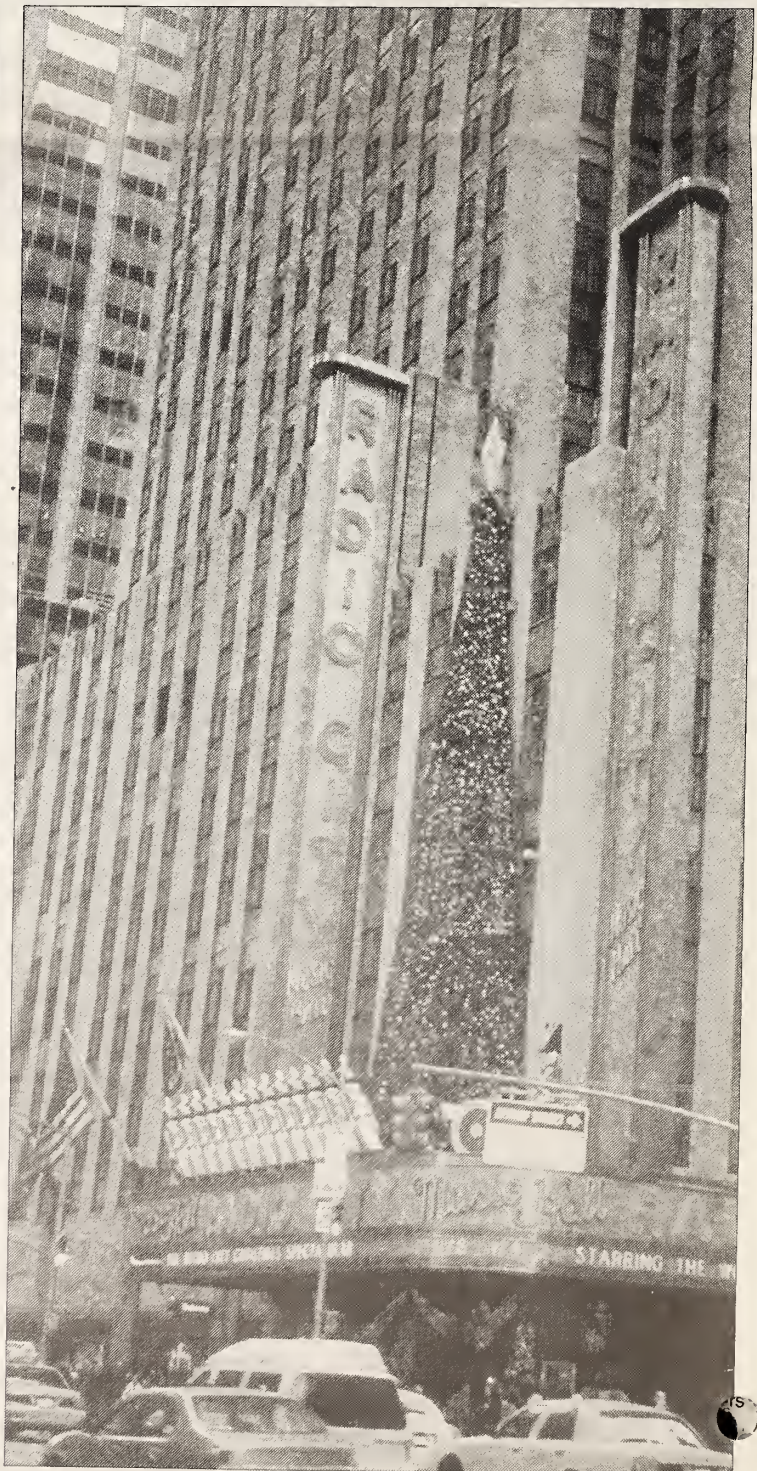


(Photos by Jennifer Ormston)

The seals at New York's Central Park Zoo draw almost one million people annually. Below, the Rockettes still dazzle audiences at Radio City Music Hall.



(Internet photo)



COUNSELLOR'S CORNER: Procrastination

You may think it is too early in the semester to deal with procrastination, or are you just procrastinating?

Avoiding or putting off work which needs to be done can come in many forms. Some students ignore a certain task, hoping it will go away. Some underestimate how much work is actually involved in an assignment. Some see other activities as taking priority, like vacuuming your room instead of beginning to read that textbook chapter. An extra ten minutes of TV can eventually become the whole evening. Sometimes, students get "stuck" on one part of their project and don't move on from there.

To overcome procrastination, you first need to recognize what avoidance technique you employ and whether you want to change it. Then you can try some helpful approaches.

An essential element in dealing with procrastination is managing your time and planning. Effective planning is a key to achieving goals. Divide larger tasks into smaller steps which will seem more manageable. Set a deadline for each step. Take breaks and build in rewards. Work with a friend. Be reasonable and realistic with your goals; perfectionism can get in the way. For further assistance, don't procrastinate! Talk to a counsellor.

A Message from Student Services

Christmas Wish Tree 2003 Students with Children

CONESTOGA
STUDENTS INC.



Simply come into the CSI office, list your child's age and gender as well as a short list of suggestions for what your child might want for Christmas. A Christmas tag will be hung on the tree for them and when the gift is purchased, the Christmas tag and gift are returned to the CSI office for distribution to the students.

Horoscope

Week of Nov. 30 - Dec. 6

Happy Birthday!

Manage your money with firm ethics. Respect those in power but do not accept intimidation. Your ideas are rich but still need development. Try to compromise and see others' points of views.



Libra
September 23 -
October 22

You'll soon gain recognition for accomplishments. Don't forget those who made your success possible. You want to help people, so be a willing listener.



Aries
March 21 -
April 19



Scorpio
October 23 -
November 21

Tender words and sympathy bring the best results. Speak from your heart. A sudden flirtation or love affair is likely. Food and drink become more appealing now, so try not to overdo it.

Don't be indecisive. Say what you feel and move on. Situations are nowhere near resolution, so be patient. Don't sacrifice your beliefs or freedoms for status.



Taurus
April 20 - May 20



Sagittarius
November 22 -
December 21

You may be doubting your ability to live up to your responsibilities. Believe in yourself, but don't look for too much approval from others at this time. Rewards will arrive when you work alone.

You're an understanding listener and you know just what to say to please others. But don't get so close to associates that you have a hard time thinking for yourself. Rely on your own abilities.



Gemini
May 21 - June 21



Capricorn
December 22 -
January 19

You often change your course of action as you work towards your goals. This isn't necessarily bad, as long as you keep your goals clearly in focus. Look out: friends may make excessive demands.

Follow that path that is familiar. Now is a good time to show how conventional you can be. Your public image and status with friends or in the community are of great concern to you now.



Cancer
June 22 - July 22



Aquarius
January 20 -
February 18

You're expecting things to come too easily. Be careful not to give up right away when they don't. You're feeling a desire to escape, to withdraw into yourself. It's time to shrug off your current lack of focus.

Luck isn't on your side just now. Don't get embroiled in anything you'll regret - stay constructively selfish. This is not a good time to be alone though. Ask questions, seek answers and try new options.



Leo
July 23 - August 22



Pisces
February 19 -
March 20

Compromise brings happiness. Perhaps you're not viewing matters objectively? Try to see the other side of the story. Use common sense and good management.

Everyone wants to be admired. Others embellish the truth, but what's necessary and real will prevail. Illusions will be shattered, enemies revealed. Don't be upset if things don't turn out as planned.



Virgo
August 23 -
September 22

You're being extremely sensitive now, more vulnerable to the suggestions of others. Stop it! Fear of competition and growth will only delay desired outcomes.

Diana O'Neill is a third-year journalism student who dabbles with astrology and likes to read tarot cards just for kicks.



(Submitted photo)

Second-year journalism student, Christina Bramburger, 20, meets with legendary porn actor Ron Jeremy after he performed a comedy act at The Manor on Nov. 14.

A night with the porn king

By CHRISTINA BRAMBURGER

The king of porn came to Canada to host the seventh annual Exotic Entertainment Awards at The Manor in Guelph, Nov. 14.

Ron Jeremy performed his comedy act for a packed house and took time to pose for pictures and sign posters, shirts and an array of body parts.

"I always have a great time in Canada," said Jeremy.

Canadian women are more natural, he said.

"I don't see as much silicone and saline."

Jeremy has performed in more than 1,600 adult films and directed more than 100 of them.

He got into the adult entertainment industry 25 years ago when his girlfriend at the time sent a nude picture of him to Playgirl magazine.

He was originally known for his boy-next-door looks.

"Now I'm the overweight pizza-delivery-boy-next-door," he said.

Jeremy was once a special education teacher and he also received his BA in theatre.

He said he is one of the most successful and well-known porn

stars because when men see him with beautiful women it gives them hope that they can find one as well.

"The average guy gets lucky," he said.

Jeremy is currently in a four-year relationship with a woman back in California.

"It's been tough. The business took its toll on our relationship, as well as always travelling," he said.

"Canadian women are more natural."

*Ron Jeremy,
porn king*

Jeremy and his girlfriend are OK with the thought of being emotionally monogamous and physically non-monogamous.

"A couple that has been together for so many years loves each other to pieces, but they find the sex becomes autopilot."

He said working in the sex industry does not devalue sex with a woman he cares about.

Some day Jeremy does see himself getting married and leaving the industry.

"I dream about being normal, settling down and having a wife and a child."

If he had the chance to do things over again, Jeremy would do more regular films.

He never would have done porn if he had gotten more breaks doing theatre off-Broadway, he said.

"I'm kind of happy with the way things have worked out. I kind of like the choices I've made."

Look for Jeremy in a new reality TV show called The Surreal Live II that is coming out in January.

He has to live in a house for 10 days with other celebrities ranging from Vanilla Ice to Tammy Faye Messner (a.k.a. Tammy Faye Bakker).

Jeremy does not want to be remembered for his porn, but rather for his comedy acts.

"I'd want people to say, 'He was an entertainer. People got a kick out of him'"

Jeremy is a smart, friendly and down-to-earth guy.

"I have lived life pretty much on my own terms. I've had fun, didn't hurt anybody, did what I wanted to do, didn't step on too many toes and even tried to help my friends along the way."

Bored.com anything but boring

By KRISTEN MCMURPHY

If studying for exams and finishing up big assignments just isn't keeping you busy enough, you might want to check out the website www.bored.com.

Bored.com, which boasts the slogan "when you have nothing better to do," contains more than 100 links to websites that are guaranteed to keep boredom at bay for hours on end - totally free of charge.

Entertainment fanatics will find links to sites that allow them to read movie reviews, watch full concert videos of some of today's hottest acts and listen to classic radio shows such as Abbot and

Costello and Groucho Marx.

If you need a good laugh, bored.com has connections to a plethora of quotes, jokes, pick-up lines, bumper stickers and famous last words. There is also a site that has many answers to the age-old question: why did the chicken cross the road?

Virtual playtime is never-ending on the website, where you can create your own rock band and listen to it play, or put on your own fireworks display. Online games seem to be infinite, with one of the most interesting being a "pop-the-bubble wrap" game. You can also have a conversation with a virtual robot or figure out if your phone number spells any-

thing. This is only the beginning to the fun that can be had while on the website.

Bored.com is not only a domain for games, quizzes, jokes and music; it also offers an interesting history of fads from 1920 onward, teaches creative ways of folding paper money and analyses the meanings of dreams. There are also answers to questions such as how chocolate is made and what makes a toilet work.

The next time you're twiddling your thumbs and wondering what to do, bored.com might be worthy of a visit. It's a good way to pass the time, and you just might end up learning something while having fun.

By JENNIFER ORMSTON

In light of the media attention literature is currently receiving, it is interesting to look at what, or if, Conestoga College students are reading.

For Mike Bors, 18, watching the

The majority of students also read one or two magazines monthly, with their selection ranging from fashion magazines like *Elle* and *vogue* and sports magazines like *Fitness* and *Shape* to male magazines like *Maxim*.



(Photo by Jennifer Ormston)

Many book awards, including the Governor General Literary Award, the Giller Prize and the Booker Prize, have been granted.

Conestoga Christian Fellowship

all are welcome...

Thursday, December 4th
5:30pm ~ room 3A507

have something
to say?

CONESTOGA
STUDENTS INC.



csibod@conestogac.on.ca

It's a great time for music fans in K-W

By JAMES CLARK

Kitchener-Waterloo has been a mecca for Canadian music fans thanks to five shows that were held at different venues throughout the area in November.

The Weakerthans show at the Starlight on Nov. 6 was the first of a string of concerts that featured The Constantines, Pilate, David Usher and Sam Roberts.

The Starlight Club, which was recently opened on King Street in Waterloo, was home to both The Weakerthans and The Constantines. The Weakerthans, formed in 1997 in Winnipeg, Man., are touring in support of their third album *Reconstruction Site* (Epitaph 2003). Adam Kasper, who has worked with the Foo Fighters and Queens of the Stoneage, mixed the album. The disc was album of the week on www.virginmegamagazine.com, the same site declared every song on the disk a "little gem waiting to be discovered."

The Constantines played the same venue on Nov. 15 to an energetic crowd. The group came to Waterloo riding a wave of good fortune. Their self-titled debut album released in 2001 on the Canadian label Three-Gut Records was nominated for a Juno Award under the best alternative album category. The band was at The Starlight supporting their latest album *Shine a Light*, which was released in the United States on Sub-Pop records.

The Cons are known for their energetic live performances and fans were not disappointed.

Dave Hutchinson, a third-year mechanical engineering student at the University of Waterloo, was awed by the show.

"It was 10 times better than I thought it would be," proclaimed Hutchinson after the show.

The excitement continued for music fans on Nov. 21 as Toronto-band Pilate visited the University of Waterloo. The band's first single, *Into Your Hideout*, from the band's debut album *Caught by the Window* (MapleMusic Recordings) drew the largest reaction from the capacity crowd. The performance gave justification to the best unsigned band title Pilate earned at the 2002 North by Northeast Festival that was held in Toronto.

Lead singer Todd Clark was seen wandering the crowd before the show and said he was impressed when he heard that the show was sold-out.

"This looks like it could be a good show," said Clark.

Pilate has been on tour for a number of months supporting the album. While on tour the group opened for David Usher, who also played Nov. 21.

Usher played at the Element to promote his new disc *Hallucinations* (Capitol/EMI Records). He has made his rounds of the Canadian music scene over the past decade with his former band Moist. Usher left the group to start a solo career, and has met with

success. His last record, *Morning Orbit*, went platinum and won Usher a Juno Award.

Rob Jackman, a first-year wood-working student at Conestoga College, went to the show but left around the midway point because he thought it was boring.

"I just thought it would be more like Moist," said Jackman.

He said Usher and his band did not have the same stage presence that made Moist so enjoyable to watch.

Sam Roberts rounded out the music blitz with a concert that was also at Element.

Roberts burst onto the music scene in the summer of 2001 with the six-song disc *The Inhuman Condition*. Roberts followed up with the album *We Were Born In a Flame* (Universal) in 2003. His big break came when more than 400,000 fans watched him grace the stage at the SARS benefit concert held in Toronto over the summer.

Roberts was even more enthralling in his show at Elements. For the entire set he had the crowd in the palm of his hand. When the crowd wasn't singing along with Roberts' catchy lyrics they were watching his band break out into a jam session filled with power chords and heavy beats.

It would be hard to say who put on the best show out of the five acts because each show was amazing in its own way. What can be said is music fans in the area have had five excellent opportunities to see great



(Internet photo)

Sam Roberts have been pleasing audiences with their live show since they broke onto the Canadian music scene in 2001 with the album *The Inhuman Condition*. The next chance to catch Sam Roberts is in Burlington at Higher Ground, Dec. 6.

Canadian acts.

Anybody who is interested in reading more about the bands mentioned above should check out www.maplemusic.com. The site has an alphabetical listing of

Canadian bands, some of which are virtually unknown now but are sure to be one of the next big things in music. A browser is also able to listen to selected artists and order albums from the site.

movies

Winter break.

music

photos

Education discounts for holiday shoppers.

Put Apple on your gift-giving—or receiving—list this holiday season.

And get the break you need using Apple's ongoing, exclusive faculty and student discount. With iPod an entire digital music collection can hit the road. All-new iSight makes live video chats with friends, family, and colleagues a crystal-clear reality. And leading a digital lifestyle is easier than ever with a Mac portable or desktop computer. Compatible with Windows and loaded with everything you need.

Visit the online store for Higher Education Individuals for a winter break on holiday gifts from Apple.

Do not pay
until
April 2004*

* Terms and conditions apply. Not available in Quebec. See www.apple.ca/winterbreak for details. TM and © 2003 Apple Computer, Inc. All rights reserved. L300421A-CE



www.apple.ca/winterbreak

Baseball fans should be proud

By JEFF HEUCHERT

For all the complaining Canadian baseball fans did over how bad their teams were this past season, we sure have a lot to be proud of.

On Nov. 13, Canadian-born pitcher Eric Gagne won the National League Cy Young Award, given annually to the best pitcher. The Los Angeles Dodgers pitcher received 28 first-place votes and two second-place votes, totalling 146 points.

What makes Gagne's win impressive is the fact that he's the closer, which means he's only pitching one or two innings a game, if the Dodgers were winning.

He becomes only the second Canadian to win the award, and just the ninth relief pitcher in Major League history.

The Montreal native had one of the most statistically dominating seasons of any pitcher in history. He tied the National League record with 55 saves, and became the first pitcher in Major League history to complete a 162-game season without blowing a save opportunity.

He also set a Major League record by striking out 15.0 batters per nine innings, and led the Major League in saves, relief batting average allowed, and runners per nine innings.

Gagne became the first reliever to save more than 50

games while keeping his ERA below 1.45.

This season alone, he moved from 10th on the Dodgers all-time saves list to fourth. In the past two seasons Gagne has converted 63 saves, and become the first pitcher to post back to back 50 win seasons.

Not many Canadian-born baseball players receive much recognition, but Eric Gagne has proven anything is possible.

Also Toronto Blue Jay's pitcher Roy Halladay won the American League Cy Young Award. Halladay won the award in a landslide, after receiving 26 first-place votes and two second-place totalling 136 points. Chicago White Sox's

pitcher Esteban Loaiza came in second with only 63 points. Votes were given by the Baseball Writer's Association of America.

Halladay led the Major Leagues with 22 wins, and innings pitched with 266.

He got off to a slow start, after not winning a game in April, but took off after that. He didn't lose a game for more than three months, winning 15 straight decisions, just one short of a league record set in 1912. He pitched four complete games in the first five months of the season, and finished the season with five complete-game wins in his last six starts.

Remarkably, Halladay represents the fourth Blue Jay's pitcher to win

this award in the past eight years. Pat Hentgen won in 1996, and Roger Clemens won in 1997 and 1998.

Halladay also won the Players Choice and The Sporting News Award as the league's most outstanding pitcher.

Halladay was brought up through the Blue Jays farm system, and received his first start in 1998. After a terrible first two seasons, Halladay was sent back to the minor leagues to work on his mechanics. Since returning he has a record of 41-14.

If Halladay is any sign of what kind of pitchers are being brought up in Toronto, Blue Jay fans have a lot to look forward to.



(Photo by James Doyle)

Go long!

Wayne Dietz, a third-year business student, takes advantage of the warm November weather by throwing a football around on Nov. 20.



(Photo by Carla Sandham)

Like father like son

Many parents, like this one, were teaching their children to skate during public skating at the recreation centre Nov. 23.

CLASSIFIEDS

Look4aPlace.com
Local Rental Search
Site
Many Places 4 U 2
View
Montreal@ New Years
Downtown Hotel and
Bus.
Dec. 30-Jan 1
From \$139/Quad
Hotels From \$69
Book Now and Save!!
BAR HOP Dec. 30th.
Guaranteed Lowest
Price. Book Friends GO
FREE!!
www.Rooms2Party.com
Thames Travel (Todd)
1-800-962-8262



2
0
0
3

**DROP BY THE RECREATION CENTRE TODAY
AND TAKE PART IN A HEALTHY LIFESTYLE**

2
0
0
3



Varsity Sports

Your upcoming varsity games

Men's Hockey
*Dec 5 Vs St.Clair 7:30pm
Dec 6 Vs Seneca 7:45pm
Jan 4 Vs Waterloo 7:00pm
*Jan 7 Vs Fleming 7:30pm
*Jan 14 Vs Seneca 7:30pm
Jan 17 Vs Cambrian
* Home Games

Public Skating
Tuesday 11am - 1pm
Sunday 2pm - 3pm

Shinny Hockey
Mon, Wed, Thurs, Fri
11am - 1pm

Intramural Sports
Here are the days and times for your
Intramural sports. Come out and support
your friends and classmates
Non Contact Hockey
Mon to Wed, 4:30pm to 6:30pm
Ball Hockey
Mon & Thurs, 4:30pm to 6:00pm
Co-Ed Volleyball
Wed, 7:00pm to 10:00pm
Co-Ed Basketball
Tues, 4:30pm to 6:00pm

Toronto Raptors playing let's make a deal

By JAMES DOYLE

Let the countdown begin. As trade rumours blow through Raptorland faster than Hurricane Hazel, it is only a matter of time before this team is blown up.

The Raptors, who were 6-7 as of Nov. 24, have at times this season looked like a high school team learning to shoot hoops.

They have been settling for the bad jump shot more often than not, and have shot 38 per cent from the field. They are second last in the league, ahead of the Denver Nuggets.

At home, the Raps are an impressive 5-2, but they have more than struggled away from the Air Canada Centre.

With a record of 1-5, the Raps have looked downright bad on the road, including scoring a measly 56 points against Minnesota and 60 in Washington.

The time has come for GM Glen Grunwald to blow this team up, inside and out.

The biggest trade rumour to hit Toronto has the disgruntled Jalen Rose coming to Toronto, along



(Photo by Brandi Stevenson)

Kicking the pigskin around

Trevor Guyatt kicks the ball while teammate Dave Dunn looks on. The pair and some friends were playing a football game near parking lot 12 on Nov. 20. The unseasonably warm weather gave students a chance to take a break from school and enjoy the outdoors.

studyskillstudyskills

WATCHING THE CLOCK

Tips for Time Management

Every wish there was more hours in a day? Check out this time management strategy that will help you make the most of your every minute.

Time breaks down into months, weeks, days, hours, minutes and seconds. Waste those and reality is you're wasting the precious currency of your life. So how do you focus and organize your days when you've got a million things to do?

TIME STRATEGY

Don't procrastinate.

If the job is too large to finish in one go, do a little at a time. Break down the task. If big projects feel overwhelming break them down into smaller more manageable parts. You'll get more done if you can do it piece by piece. Having goals too big can scare you away from starting.

If the task is distasteful, do it first and get it over with. Know your peak times. If you're more productive and mentally alert in the morning, then schedule difficult tasks then.

Design Clear Goals. Think about what you want and what needs to be done to get it. Keep your sights realistic and get organized. Have all the materials you need ready before you begin the task.

Set Priorities. Write down all the things that need to be done in order of their importance. The greater the importance, the higher the priority. Start at the top and work your way down.

Don't torture yourself by leaving things to the last minute. Use a reward system to help you do what you don't look forward to doing. Take a stand. Commit yourself to doing the task. Write yourself a contract.



with Donyell Marshall in exchange for Antonio Davis, Jerome Williams and Morris Peterson. Point guard Alvin Williams was also rumoured to be heading to Chicago until questions about his health arose. Williams has had surgery on both ankles.

Bringing in a second threat to take some heat off Vince Carter is what the Raptors desperately need. Rose has averaged 14 points per game through Nov. 24. He is also averaging close to four assists and 4 rebounds a game.

Last year, Rose was averaging 22 points, and has proved he can get the ball in the hoop.

Davis is a veteran player who has good career stats. But he has expressed his displeasure with living in Canada in the past, and a trade would seem to benefit both parties greatly.

Jerome Williams, the Junkyard Dog, has been Toronto's heart and soul.

The always-excited Williams brings a love of basketball to the court every game. He would be missed by all Toronto fans, but now is the time to trade him, while his value is high.

Peterson, who was drafted by the Raptors in the first round (21 overall) in 2000, has only averaged 12 points a game for his career. He was to be the second man in the offence, but has never really found his stroke.

Although it seems that trade talks are breaking down between the Raptors and Bulls, you can be sure that Grunwald will do something.

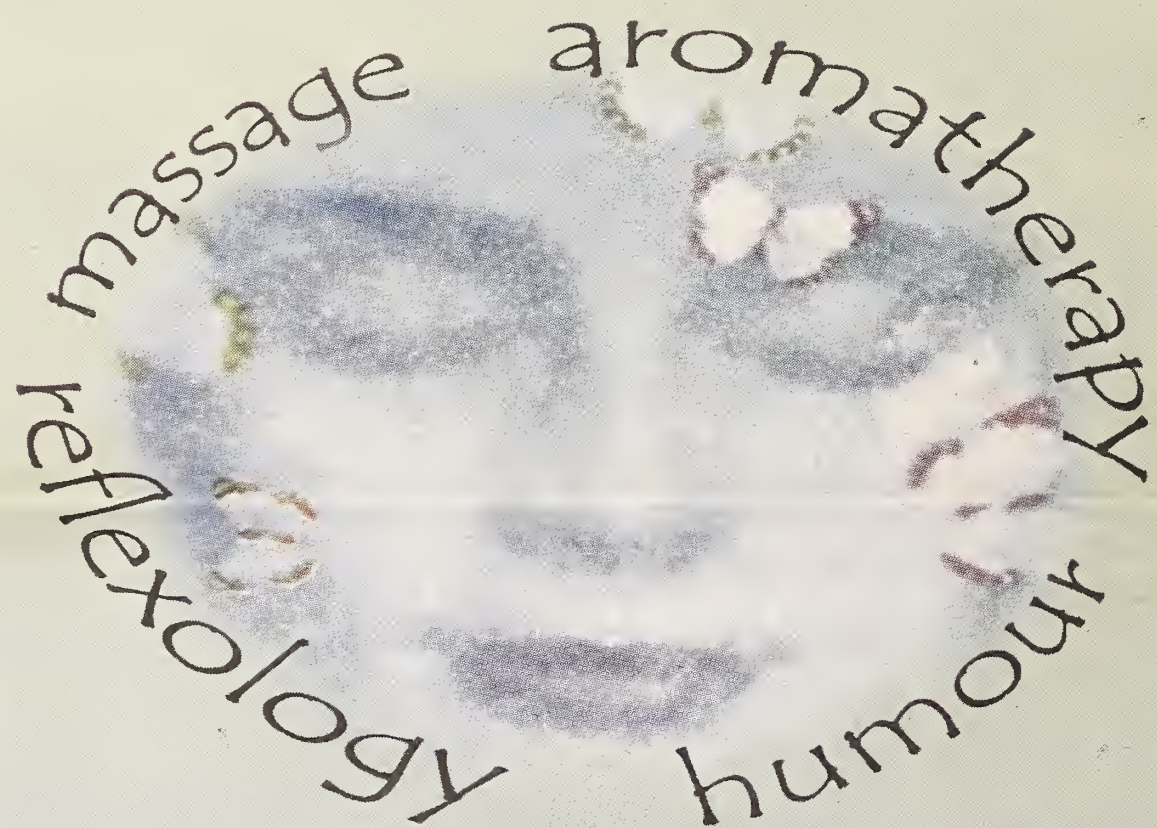
And hopefully for Raptor fans everywhere, it will come soon.

Stress-Free Zone

December 9th and 10th

11:30 am - 1:30pm

Room 1B25



Take a break and
RELAX during
stressful exam time.

DROP-IN and
enjoy some relaxation
tips and techniques

~ Sponsored by ~
Student Services and

CONESTOGA
STUDENTS INC.